



**At the end of the lesson, the student will be able to:**

\* enumerate some relaxation techniques and explain its importance; express ideas relevant to any point of discussion.



**Read this relaxation exercise and try to imagine it.**

Ok, sit back in your chair and let your hands rest loosely on your lap. Close your eyes. Now, lift your shoulders up and let them fall. Breathe in, filling your lungs with air. Now let your breath out very slowly. Imagine you're on a beach. You see the sand, trees and the water. Feel the soft sand below your feet. Let your feet sink into the sand. Look at the gentle waves. They are coming in and going out. Feel the warm sun on your body. Oh, you feel so relax. You're happy. Now, you see yourself leaving the beach. You come back to your daily life with new energy and joy.

**Language Focus:**



### Discussion Openers

#### Agreeing:

- You have a good point about \_\_\_\_.
- I think you are right.
- Not a bad idea.
- Good point.
- No doubt about it

### Discussing Options:

- One of the best things about (option) \_\_\_\_ is...
- Plan \_\_\_\_ is good/ important because...
- This option allows...



## Language Focus:

### Raising Concerns:

- The problem with that is \_\_\_\_\_
- That raises the problem / issue of \_\_\_\_\_

### Asking for Input:

- How about you? Do you agree with that?
- Do you have any thought on that?

## Let's Talk



1. The speaker says that relaxing will help you feel happy and well. Do you agree with this?
2. What do you do to relieve your stress?
3. With the advent of new technology, would you still believe in home remedies in treating your disease or you trust science? Why or why not?
4. What are some diseases that need home remedies?
5. How do Japanese value traditions in terms of healing diseases?